

# Veggie Noodles

Rating: ★★★★★

Makes: 4 servings

## Ingredients

**1 pound** pasta, uncooked  
**2 cups** vegetables (drained, canned)  
**1 cup** spaghetti sauce  
**1/2 cup** cheese (shredded)

## Directions

1. Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low; cook for 10 minutes. Pour pasta and water into colander to drain.
2. Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat *just* until the vegetables are hot.
3. Sprinkle with cheese *just* before serving.

## Notes

Fresh or frozen vegetables can be used. Just cook them before tossing with pasta.

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

### Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	570	
Total Fat	8 g	12%
Protein	23 g	
Carbohydrates	98 g	33%
Dietary Fiber	9 g	36%
Saturated Fat	3.5 g	18%
Sodium	490 mg	20%